

THE OBSERVER



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February is Black History Month

The year 1926 marked the first black history celebration, formerly called "Negro History Week." Since then, African-Americans have created seventy-eight more years worth of history, securing an integral and developing niche in the rich past of the United States. Pictured below are a handful of some of the most influential African-Americans of both past and present, ranging from slave liberators, governmental figures, artists, musicians, and literary geniuses. For more extensive information about Black History Month including facts concerning civil rights, affirmative action, sports, literature, personal biographies, and holidays, visit <http://www.infoplease.com/spot/bhm1.html>. Or, for a more extensive and interactive list of websites, see <http://www.kn.pacbell.com/wired/BHM/AfroAm.html>.

"Our nation is a rainbow—red, yellow, brown, black, and white—and we're all precious in God's sight."



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Letter to the Editor:

Dear Editor,

More than two years following September 11, 2001, I am just beginning to understand the magnitude of those events. The consequences not only extended internationally, in economic, political, and social spheres, but the reality of that infamous day touches each of our lives. Have you been watching the news lately? Each day, we are bombarded by terror level reports, increasing death tolls, and important terrorist captures. We listen to constitutional discussion surrounding the Patriot Act, and we hear presidential candidates debate the United States' involvement in Iraq.

Before September 11, I would think, "I live in my world; they live in theirs." Since then, however, I have been forced to come to terms with the magnitude of the destruction and death caused on that day, as well as the disturbing reality that terrorism has been a potent force in the world for decades. As Americans, we simply ignored it...until it hit us. I did not lose a loved one in those attacks, but my perception of international relations changed dramatically on that historic day. If anything calls us to engage in the world and

participate in the effort to bring about peace, 9/11 does that.

For those who chose to undertake this journey in an international setting, one must begin by learning names, places, and history. As college students, there is no better time to acquire this knowledge. Saint Joseph's College begins the process for us, through intercultural studies in the Core Program, when we have the opportunity to learn about India and China, Africa, and Latin America. I have learned that language is a double-edged sword, acting either as a barrier to understanding or a conduit for fruitful communication. Saint Joseph's College offers classes in German, French, Spanish, and Swahili, and the importance of these cannot be underestimated.

During college or after graduation, one can put this knowledge to use by studying abroad and seeking service opportunities overseas. Organizations like Peace Corps and Jesuit Volunteer Corps send college graduates to dozens of nations for the purpose of engaging in foreign cultures. During this time, you can live with the local people, help out where you can, and learn from those

cultures, as well.

This reflection on participation in international life can inevitably be traced back to the events of September 11. I once naively perceived that we were separate from the world and that our actions had no consequences, internationally. The facts reveal that we are intrinsically connected to other nations, and we have the responsibility to work for fair and just international policies. The method for achieving this end is diplomacy, and the goal is worthy of our attention and commitment. In the face of this challenging road, let us remember the words of Vincent van Gogh: "The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reasons for remaining ashore." Our desire to uncover the potentiality for peace must outweigh any lingering apathy. I still envision a peaceful world with strong diplomatic relations supported by new language which will foster a renewed understanding of cultural, religious, and political differences. These efforts will help protect against future destruction and death like we witnessed on 9/11.

-- Luke Hansen, senior

Dear Editor,

At SJC, over half of the students are athletes. Add a location in the midst of cornfields and a campus that boasts "everyone knows everyone" and it is easy to see why athletic events have no problem drawing a crowd. In collegiate sports, this combination can be a concern. First, when the campus programming board has no event planned, there isn't much to do besides go to games, meets, and matches. Second, when the campus is as tightly knit as SJC is, students tend to take fouls and bad calls against friends personally. Third, because it is a small campus, the facilities only need to accommodate a small number and therefore students are very close to the action. Thus, the equation results in lots of students getting very involved very near to the players and coaches. It is no surprise, then, that there are some issues with unruly fans among the home team section.

Generally at home games, the crowds can generate enough noise to be heard by all in attendance. At soccer matches, for example, the field is just across the street from the on-campus apartments, home to many of the "regulars" (myself included) of the soccer games who occupy that same space on the sideline at every home game. This group is appreciated by many members of the soccer team because they are loyal, they are fun, and they know how to limit their words.

Senior soccer players Annie Domasica and Anna Westwood commented in *The Observer*, "You (the fans 'in the corner') are a part of every single one of our victories because you provide enthusiasm, spirit and support that

no team can bring to themselves. For those of you who have found the balance of wit and sarcasm combined with Puma pride, you're doing a great job and we need you now more than ever!" The soccer team had to deal with a small group of new fans this past season that crossed the line with their comments, forcing the SJC coach, athletic staff, and security personnel to step in. Domasica and Westwood added, "You (the unruly fans) are a reflection of us as a team and of SJC as a whole...we want parents and friends and other team's parents to remember the outcome of the game, not the poor behavior, immaturity, and vulgarity of one or two of our fans." Indeed, being overly aggressive and disrespectful is distracting for all people at the game and is a negative representation of our institution.

I was at more than one of the soccer games which resulted in fan problems. When one of our students, a Puma, made my roommate cry because of his remarks both to her and to her family, I was stunned and disappointed. My roommate had to involve herself and members of the athletic staff to have the "fan" ejected. I say "fan" instead of *fan*, because a *fan* is more concerned with the game and the contentment of the team for which he cheers than having his comments heard. A "fan" claims to be helping, but only hurts.

Spectator issues are far more severe at larger schools and for that I am thankful. Because our attendance is relatively small some of the mob mentality is lost. We don't have the ability to override with power in numbers, so some attendees resort to making their

presence known through unwarranted and unwanted remarks. We don't have to worry about fans attempting to tear down goalposts after football games, like the notorious 2003 match between Ohio State University and the University of Michigan.

Our athletes rightly seek attendance and enthusiasm from their peers. There is hardly a feeling comparable to having people cheer for the hard work of you and your team as you both strive for victory. But our athletes also rightly ask the fans to simply behave.

I've decided on two ways for the SJC campus to control unruly fans. First, keep fans involved by perhaps throwing out T-shirts or having more contests. This would keep students entertained and simultaneously entice them to continue coming to games. Second, ask the "regulars" to help with crowd control. Chances are that students are more likely to respect the upperclassmen than a security guard.

We need to put the focus back on the game. Boo if the ref makes a bad call. Chant "De-Fense!" when the time comes. Sing along with the pep band. Cheer when we get the ball. "Aww" when we lose it. Those are the elements that are key for spectators and helpful for players.

When the game is over, as all games eventually are, keep in mind that people can either remember you as the person that everyone looked to for fun and excitement during the game or the person everyone wished had never come to the game.

-- Bridget Newman, senior

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PAWS:

...to all the students and faculty who contributed submissions of poetry, prose, art, or photography to the *Measure* magazine.



CLAWS:

...to all the people who did not participate in the events celebrating the remembrance of Martin Luther King, Jr.

Questions? Comments?
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SJC Celebrates Martin Luther King, Jr.

By Bridget Newman, Editor in Chief

On the nineteenth of January, students, faculty, and staff of Saint Joseph's College celebrated the life and legacy of Dr. Martin Luther King, Junior. The national holiday gives many businesses and schools a day free from work. The SJC community, though, commemorated the late Dr. King in a day full of activity sponsored by the Diversity Coalition.

The day's events started when Puma Buses transported over 150 participants from the college to the nearby Jasper County Courthouse in the Rensselaer square. All marched down Highway 231 and Washington Street, finishing in the Core Building, where they were welcomed back with hot chocolate and coffee. Brother Tim Hemm, the opening speaker at the program following the march, commented, "Any time you can get a large group of students to march...in the bitter cold you're doing something memorable. It was a good feeling to see all those folks marching."

Hemm was equally impressed with the speakers and guests gathered for the post-march program. Rensselaer

mayor Herbert H. Arihood extended a proclamation, Saint Joseph's College President Dr. Ernest Mills shared his thoughts on the importance of remembering Dr. King, and Professor Fred Greene introduced the guest speaker Reverend Franklin S. Hill, III.

Reverend Hill is a fourth-generation gospel preacher whose passion reminded many of Dr. King. "He was a one of a kind," Hemm commented. "In my estimation he really captured Dr. Martin Luther King Jr. and brought him into our auditorium."

The program also gave an opportunity to congratulate three Rensselaer school system students who won an essay contest sponsored by the Diversity Coalition. The Diversity Coalition officers were extremely impressed with the over 600 essays entered and found the contest a difficult one to judge. Victoria Watson, of the elementary school, Nicole Tholl of the middle school, and Megan Carter of the high school read their winning essays and received enthusiastic praise from those gathered. Diversity Coalition President Tara Torress commented, "Just to know

a third grader understood what Martin Luther King was about and what he was trying to accomplish was amazing. There are adults who still don't have any idea about all the good things he did." Diversity Coalition secretary Allison Good agreed and added, "I remember looking around and thinking, 'This was so worth all the work we did.'"

Many SJC students came away from the program blown away by how powerful it was and how their talented fellow students are. Freshman Nikita Hall gave a stunning performance of "His Eye is on the Sparrow" that left many attendees in tears. The final element of the program was a rendition of "Lift Every Voice and Sing," led by sophomore Jerome Burton.

Overall Torress and Good considered the day a success. "It was a great event that will show everyone that this is what Diversity Coalition is about," Torress said. "This is what we can bring to the school and community." Good added, "I think this program helped students understand everything he [King] accomplished. We received so much positive feedback afterwards.

We're still hearing good things about it."

The Diversity Coalition received help from moderator Ernest Watson, Greene, Brown's Garden & Floral Shoppe, Mills, the Office of Multicultural Affairs, and a small group of professors who helped with the final essay decisions. Torres and Good were overwhelmed by the student response and have already begun planning for next year.



Martin Luther King, Jr., 1961



SJC students and faculty march down US Highway 231 in celebration of Martin Luther King, Jr., Day. The day's events were sponsored by Diversity Coalition. Pictures courtesy of Bridget Newman.

SJC Criminal Justice Students Receive Sample of Life at Indiana State Prison

By Breain Ma'Ayteh, Director of Publications and Media Relations

You don't have to be a prisoner to get a taste of prison life. Students enrolled in sections of Assistant Professor of Criminal Justice and Sociology Paul Magro's Introduction to Criminal Justice class learned this lesson firsthand during the first week of December, as they participated in half-day tours of the Indiana State Prison in Michigan City, the largest maximum-security correctional facility in the state. Trips were offered on both Tuesday and Thursday in order to promote attendance.

"These kinds of trips make for some of the most profound moments in class," Magro explained, who's been taking students on such tours for the last several years. "The general public gets most of their knowledge about the prison system from TV shows and movies. The minute you're inside prison walls and you hear the bars clang behind you, though, it actually becomes real. You can learn more about the criminal justice system by spending half of a day immersed in it

than you can from weeks of lectures."

The first part of the tour involved a pat-down search for each student. They were then given a tour of the grounds and information about policies and regulations mandated by the prison, which holds almost 2,000 inmates ranging in age from 14 to 80. The tour ended with a special talk prepared by one of the facility's inmates, *John, who is currently serving a life sentence plus 180 years without the possibility of parole for a multiple homicide.

A number of the students were full of things to say about the new information they'd received. Many were surprised to learn about the educational and recreational opportunities available to inmates. "The inmates were treated better than I thought they would be," commented Stephanie Butler, a sophomore Accounting major and Criminal Justice minor. "They can receive cable TV, get jobs, and even take care of pets." Amanda Overfelt, a freshman Criminal Justice major, added, "They're allowed to go to school and have recreation time.

I didn't think they were allowed to do most of that."

Students were also surprised about some of the stricter regulations enforced, one of them being that the inmates themselves must pay for all necessity and luxury items. "What affected me most was hearing how little they get paid - only 18 cents an hour - and how much they have to pay for everyday items. Some of the inmates have to make the decision of going to the doctor or having basic toiletries," said sophomore Criminal Justice and Political Science double major Janet Hertz.

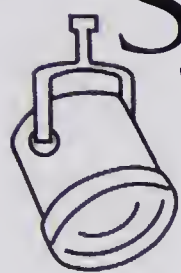
However, the majority of the students were most affected by John's talk. "When he walked into the room, I think the whole class was amazed because he looked just like us, no full-body tattoos or hard attitude," said Robert Coughenour, a freshman Criminal Justice major. "When he talked about his life before prison, all you could feel was sorry for him."

Hertz agreed. "He discussed his childhood and various things about his

life. It illustrated how much the prisoners are like everyone else and not some crazed monsters. He simply made one horrific mistake that anyone else is capable of making." She added, "I have aspirations of being a criminal attorney, and this trip allowed me to see the type of individuals I'll be interacting with. It provided new insights and knowledge about the prison system that I wouldn't have had otherwise."

In Magro's eyes, both trips were successful. "One of the objectives we strive for in our Criminal Justice program is to prepare students to make objective decisions regarding criminal justice issues on their own before they go out into the world. This trip is one thing that gives them the tools to do that," he explained. "The next time these students are in conversations about how long or how short a prison sentence 'should be,' they now have a point of reference on which to base their decisions."

* Name has been changed



SJC Play Review: Arthur Miller's *The Crucible*

By Katie Grgic, Staff Writer

For those of you who missed the opportunity to see the performance of Arthur Miller's *The Crucible* this weekend, you missed out on one of the most powerful and moving dramatic productions to grace the SJC stage. According to junior Jacob Lofgren, "*The Crucible* was one of the best productions I have ever seen at SJC. It was an overwhelming performance of a difficult production." Faced with the challenge of presenting a play centered on the Salem Witch Trials that is dark, troubling, and emotionally draining, this cast certainly met and far surpassed it, delivering what sophomore Kara Marxer calls the "best dramatic production of this show that I have ever seen."

The play is set during the 1690s in the Puritan town of Salem, Massachusetts. It tells the story of those who get caught up in the fer-

vor of witch hunting and witch trials. Enemies accuse enemies of worshipping the devil, and friends watch friends hang for purported witchcraft. As it was certainly not the most uplifting of material, the play did drag a bit in parts. However, as Marxer puts it, "Although it was slow in parts, the cast made up for it through their impressive stage presence." She couldn't be more correct. I was apprehensive as to how well the cast of *The Crucible* would do justice to such a difficult show, but I was amazed. While everyone in the cast did an outstanding job, there are three performances I felt stood out among the rest. First, Jean Monfort's portrayal of Mary Warren, one of a group of girls who accuse numerous people in the town of witchcraft, was one of the most convincing and disturbing performances of that role I have seen. The performances of Mark Brouwer and Allison Glidewell as John and Elizabeth

Proctor were so tender, so moving, and so convincing that many people, including myself, cried during the final scene of the show when John is led away to his death. Also, be sure to keep an eye out for freshmen talents Eric Smith (Rev. Parris), Marty Headrick (Judge Hawthorne), Marcie Keyes (Betty Parris), and Cassie Fowler (Tituba), whose performances were chillingly convincing and powerfully impressive.

I would just like to congratulate the cast, crew, and Saint Joseph's College Theatre Department on the outstanding performance of Arthur Miller's *The Crucible*. As always, you all never fail to impress the SJC community with your talent, hard work, and dedication. Be sure to catch the next show to hit the SJC stage: a presentation of Cole Porter's musical "Anything Goes" on April 1, 2, and 3.

The League of Extraordinary Gentleman: An Extradordinary Waste of Time

By Joe Larson, Staff Writer

Like most people, I spend the majority of my time pondering the mysteries of the universe: What time is it? What would happen if I hit Jesus with my car? And how much does it cost to make a really bad movie? Fortunately, the last question has finally been answered. It costs approximately \$80 million, or at least that was the price tag for *The League of Extraordinary Gentlemen*, a movie whose only notable accomplishment was losing its financiers \$14 million. The movie's basic premise is that Germany discovers advanced military technology- mainly World War I-style tanks and boxy-looking assault rifles- in the year 1899. In response to a string of thinly concealed aggressive acts by Germany, Britain turns to the most obvious source of help: the heroes of classic literature. Captain Nemo (Naseeruddin Shah), Allan Quatermain (Sean Connery), the Invisible Man (Tony Curran), Mina Harker (Peta Wilson), Dr. Jekyll (Jason Flemyng), and Dorian Gray (Stuart Townsend) are all recruited to fight for Queen and Country. Fighting for his own country is Tom Sawyer (Shane West), a stereotypical American who gives up whitewashing fences in favor of becoming a killing machine for



Sean Connery: better in his Bond days

Uncle Sam. This last act of literary perversion will undoubtedly prompt Mark Twain to rise from his grave to feast on the brains of the living; if you are approached by any undead authors while watching this movie, wear a helmet.

A short article is not adequate to address all the failures of *LEX*. In the opening sequence, British police attempt to stop a tank used in a bank robbery by hitting it with nightsticks. The British are unable to defeat the awesome power of iron, presumably because they are part of a stone-age society whose most powerful weapon is parliamentary procedure. The evil organization that the Phantom leads attempts to start World War I "to make money," a motivation that is only slightly more complex than

"because it wanted to." Later, the Phantom- whose identity is revealed in a senseless and uninteresting plot twist- attempts to "sink" Venice by blowing it up, a plan that is somehow foiled by launching a cruise missile from *The Nautilus*. The Phantom wears an iron face plate, causing him to resemble the villain King Cobra from the *GI Joe* TV series, a cultural mainstay to children born in the 1980s. The only difference is that *GI Joe* made me want to buy toys, while *The League of Extraordinary Gentlemen* made me want to let undead Mark Twain eat my brain.

Some say women are a drain on time and money, but in this movie they're a drain on blood, as well. The attempt at romance between Mina Hawker- a vampire- and Sawyer made me wonder what would happen if a Missouri native shackled up with a vampire. I can only guess that it would result in some sort of blood-draining necrophilia. Like Dr. Jekyll, director Stephen Norrington sought to accomplish something wonderful, but instead he made a cinematic blunder more monstrous- and much less entertaining- than Mr. Hyde.

Styling Sense New Year, New You



Jen Zak
Columnist

As I rang in the year 2004 with champagne corks popping and noisemakers clicking, my conscience began to nag at me. "Lose weight; stop going out so much; study more," and I realized that along with the New Year my least favorite chore was upon me: making my New Year's Resolutions. It happened every year, and I always vowed to turn my life around and do something wonderful and amazing, but by February I would forget all about it. This year, I assured myself, would be different.

As I aimlessly wandered the aisles at Ulta Cosmetics after work, I spotted the fitness section, where women pose on the DVD boxes with their legs behind their heads and I usually slink away in shame. Among the pre-natal Yoga and Cardio Boot Camp videos, I spotted a friendly looking instructor promising great results in ten-minute sessions. So I purchased *Crunch: Pick Your Spot Pilates* and my life hasn't been the same since. The video features three ten-minute targeted workouts specifically for abs, butt, and thighs, as well as a bonus 10-minute total body routine. I will bet my Core XI membership that when paired with a balanced diet and a cardiovascular routine, results will be visible within a month. When doing Pilates or any sort of Yoga routine, stay away from baggy clothing that can hang or catch, and also so that you can be aware of your muscles staying flexed.

As someone who has tried a ton of diet techniques and exercise routines, I highly recommend Pilates because it has produced the best results I have seen within the least amount of time. The stretch and strength exercises featured in this video will certainly help you get in shape after the holiday season. Of course this routine may not be for everyone, but at \$14.99 for the DVD and \$9.99 for the VHS, it's worth the old college try. Remember, if you're going to workout in the fitness center this semester, be sure to bring along your student or faculty ID.

Are you interested in writing features?
Email Natalie Lapacek at nli4438@saintjoe.edu.

Comments from Kairos XXXVII

By Natalie Lapacek,
Features Editor

Before Kairos, I had never been on a retreat. I didn't know what to expect on any kind of retreat, let alone one with events that must be kept secret. When I found myself signed up for Kairos, much to the urging of friends, I began to feel apprehensive when no one would tell me what this retreat was really about. Why can't I know what is going to happen during those four days I will be off campus, I wondered? What exactly is this thirty-five dollars paying for, and why does everyone get so excited about this event? I tended to answer these questions negatively; I was sure that Kairos was simply going to be something that would put me behind on homework.

Turns out, it was way more than that. Kairos made me learn many things about myself, my relationships with others, and my relationship with God. While at Kairos, I realized so much about my faith, and how much stronger it really could be. I learned that no matter how many times I may have pushed God away, He has always been there; no matter what I may have done, no matter how undeserving I have really been, He has always been there. In addition to the spiritual benefits of Kairos, I also met many people who I had not met before. I developed friendships that I am sure I will be able to call lasting. Kairos, to me, was about developing trust and faith- trust and faith not only in God, but in the people around me who care. This retreat also showed me that I need to have faith in myself to accomplish what God has planned for me.

Having gotten these things out of Kairos, I am glad that I scraped up that thirty-five dollars and procrastinated even more than usual on my homework. So yeah, you've probably seen me walking around wearing my Kairos cross with a huge smile on my face; yes, I have been "brainwashed" and inducted into the "cult." And the naked Mass was fabulous, let me tell you. In all seriousness, Kairos has changed my perspective on a lot of things, and I am thankful for the friends who kept waving the registration forms in my face. I feel privileged to have been given the opportunity to have this experience, and I have all those who went to this retreat with me to thank.

Live the Fourth! And if you don't know what that means, I highly recommend finding out.

Book Review: Magician

By Sara Grubbs, Guest Writer

Magician by Raymond E. Feist follows the life of two friends who start out the book as thirteen-year-old boys. In true fantasy style, this book combines the supernatural with reality. *Magician* is set in the world of Midkemia where Kings, Princes, and Barons rule the lands. The book begins in the quiet Barony of Crydee, a small province on the western coast of the Kingdom. Two boys, Pug and Tomas, start out the story as lowly squires whose biggest adventure is the occasional mischief they get themselves into. The young boys have bigger dreams for themselves. Tomas desperately wants to be the greatest swordsman of all time, while Pug is looking forward to becoming a great magician someday. While the boys are dreaming, an evil enters the world of Midkemia causing Crydee to call up arms against the attacking Tsurani from another world.

As the battles rage, the two childhood boys are separated, both thinking the other dead. Tomas is lost at the beginning of their journey. He is taken away from the group where he is led to the lair of a dragon that is dying and wants young Tomas to sit with him for his last few breaths. Upon the dragon's death, Tomas receives powerful armor that once belonged to the dragon's rider. Pug's journey is different; he is captured and forced to be a slave on the home world of the Tsurani. He grows to manhood in a stinking swamp where he is forced to work long hard hours. Pug's luck changes and shortly after being taken out of the swamp he is sent to the Assembly where the Tsurani train their wizards. As the story continues, Pug and Tomas began to realize their dreams may become a reality, but the price they have to pay for those dreams may be more than they can afford.

Stuff



John Ligda
Columnist

There are so many legends about SJC, I do not think that a single column, like *Stuff*, could ever relate them all. In fact, I don't think four years worth of columns could do justice to the several legends that have arisen in the College's history. "Bugs" and I have taken the liberty of picking out some of our favorites to share with you. A Ligda Family Favorite is that of "Silver Bullets." As a child, I can remember this story being told around our dinner table numerous times. It predates everyone on this campus, with the exception of most of the C.P.P.S., Dr. and Mrs. Egan, and Professor Groppe.

Devere Malone, better known as "Silver Bullets," was an SJC security guard in the early 1960's. He assisted Father Daniel Schaefer, Dean of Men, in patrolling the campus, looking for student misadventures. In those days, it was uncommon for security guards to carry loaded firearms. However, Devere Malone, who was a Jasper County Deputy Sheriff, not only carried a loaded firearm, but, at times, used it as a deterrent. Malone would fire his gun in the air to break up brawls, get someone's attention, or to command respect. It was these actions that earned him the nickname "Silver Bullets."

There happened to be a campus tradition that on or near Saint Patrick's Day a group of students would attempt to climb the water tower to hang an Irish flag. In March of 1964, the administration decided to put an end to the tradition, out of concern that students could fall and hurt themselves. To keep students from attempting this dangerous stunt, the College would station a security guard at the base of the water tower.

It just so happened that Malone was on duty one Saint Patrick's Day when a group of students attempted to carry out this amazing stunt. To climb the water tower, the students knew they had to get Malone away from the scene. So, a student placed a phony emergency call to security from Raleigh Hall. Malone went racing across campus only to discover that the call was indeed a diversion and the Irish Flag was already flying from the water tower. Malone raced back across campus to find a cheering crowd gathering at the base of the water tower. Without thinking, Malone fired his gun into the air, narrowly missing the young man who was in the process of making his way down the water tower. The student was quite shaken-up, but, luckily, not injured.

This prompted harsh criticism from the students towards the administration and resulted in Malone's immediate suspension. Of course, the student body did not let the issue blow over. In fact, the students began a "boycott" of classes and the cafeteria, which is rumored to have lasted several days. A group calling themselves the "Ringo Star Fan Club" constructed a stuffed dummy that they hung from a campus tree, as a sign they wanted to "hang" the night watchman. A number of students formed a picket line at the College entrance, seeking support from passing motorists. Their signs read, "We Need Tradition. Togetherness - Reform." Another sign posted at the entrance to the College read, "Mary had a little lamb, and Silver Bullets shot it."

Malone was eventually dismissed as an employee, and the students ended their strike. But, the call for traditions and defying "the establishment" goes on even today.

I suppose if the water fountain in front of the chapel were an iceberg, someone would probably attempt to place Seifert's dorm sign on it... or maybe an Irish flag would be appropriate.

Cutest Couples Contest!

Next week, SJC will be taking votes outside the Caf for The Observer's cutest couples--faculty and students can vote.

Here are the nominees:

Students

Tom O'Connor & Molly Irons

Tom Kennedy & Ambre Marr

John Premetz & Beth Wuthrich

Mike Marshall &
Melissa Melinauskaus

Faculty

Tom & Beth Ryan

Alan & Linda McFarland

Bob Brodman & Cheryl Wistrom

Fred Berger & Sally Nesselrode

SJC Football: New Coach, New Hope

Favorites:

Book: *When Pride Still Mattered: The Life of Vince Lombardi*

Food: Pizza

Movie: "The Rock"

Band: Dave Matthews Band

Sport: Football



Anna Westwood
Reporter

Same players. New coach. Simple changes. Better results. Football coach Tim Lester plans on keeping things simple and looks forward to seeing the results during next fall's football season.

Lester grew up in Wheaton, Illinois, and went on to attend Western Michigan University where he majored in mathematics and minored in secondary education. Following graduation he taught for a semester at West Aurora High School. He decided to leave teaching behind for a time and entered the XFL as a quarterback. After one season in the XFL, he moved into the Arena Football league for the next two and a half years.

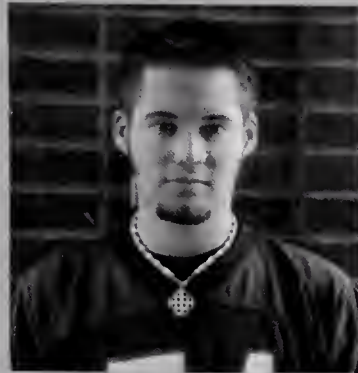
Lester got back to teaching...on the field that is. For the past two years he has been the offensive coach for Elmhurst College in Chicago. It was there that he heard of the job opening at Saint Joseph's College from a mutual coaching

friend of his and from SJC Athletic Director Bill Massoels. He came for a day-long interview and liked what he saw.

As far as the upcoming season with the Pumas he wants what every coach wants - to win. With Coach Lester, though, success is more than simply the performance on the field; it's the performance off the field that is his number one priority. When asked what his program's goals were he simply replied, "to get my players to graduate." As for the actual changes on the field, he said it will be up to the players. They will make the change to win. The offense and defense will both be altered, but the players are the ones who will make the difference.

Lester currently lives on campus while looking to move into a house at the end of the semester. He doesn't mind the small town. He believes that as long as you are surrounded by good people it doesn't matter where you live. He's excited and enthusiastic to get to work. If his enthusiasm and passion carries on to the field and his players, we should expect great results in the 2004 fall season.

Adam Mandon Speaks: On the New Head Coach of the Chicago Bears



Are you kidding me? Offensive mastermind John Shoop was fired for his ideas about running after the catch. Shea has also said he would like to throw the ball 60 percent of the time on first down, in order to set up second and third down convertible situations. Thank goodness for this. The predictable John Shoop offense is gone.

The addition of Ron Rivera, the Bears' new defensive coordinator, is a great move. He understands the Bears' tradition, winning a super bowl in 1986 and playing for the Bears for seven solid seasons (nine years overall). He actually accepted a role as a voluntary coach in 1996 under Dave Wannstedt. Coaching in Philadelphia for years as a linebacker coach has helped to prepare him for this moment.

Overall, the new coaching staff worries me. I think the Chicago Bears are one of the great franchises in all of professional sports. This is not a place for coaches to learn on the job. But that is exactly the situation the Bears are in. No coach on this squad has any experience in their current roles. Smith, Shea, and Rivera are all rookies when it comes to their new jobs.

I was a big Dick Jauron fan, and actually spoke with him on a few occasions. He is a class-act, and a man that is good for the game of football. He was loyal to his players and coaches, but that loyalty was the nail in his coaching coffin in trusting John Shoop with the offense. Overall a change had to be made, and overall I think the Bears are moving in the right direction.

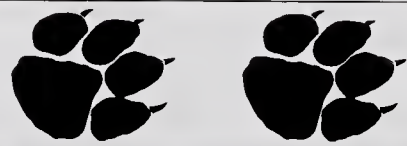
Ah the Chicago Bears...Butkus, Urlacher, Ditka, Lovie...Lovie? Yep, Lovie Smith has been swept away in the fierce winter Chicago winds and moved into the top job in Chicago. Is this the right move? Let us consider these many factors.

Lovie Smith was the Defensive Coordinator for the Saint Louis Rams. Their defensive unit was not overly impressive, although they did lead the league in takeaways (60). But the Rams gave up nearly three touchdowns a game, a quite mediocre stat that was clearly exposed against the Carolina Panthers in the playoffs. But it is unfair to judge a man by himself. His coordinators are also to be heavily judged.

Offensive Coordinator Terry Shea was the running backs coach for the Kansas City Chiefs. One could argue the Chiefs had the most prolific offense in the league, and that Shea is a great fit. The Chiefs have Priest Holmes, and the Bears do not. I could take a four-year-old kid, slap a headset on and he would be considered a genius by merely saying "Give it to Priest." Shea has also preached "running after the catch."



SJC Fan Club



LET'S

GO

PUMAS

Track is Back!

Becca Niziolek



Favorites:

Movie: "Spaceballs"
Band: "I like all sorts"
Song: "I like songs that motivate me and put me in a good mood"
Food: Cheeseburgers
Class: Criminal Law
Professor: Dr. Greene
Sport: Football/Track

Elizabeth Klocek Reporter

Having been a track runner since the seventh grade, senior criminal justice major Becca Niziolek has accomplished many things, both in and out of athletics. During high school she made it to the State meet every year. While here at SJC she has been an All-Academic All-Conference runner for the past three years. Niziolek names her biggest accomplishment as being an athlete at the college level for four years while keeping her grades up.

As part of the track team, Niziolek and her teammates train from August until May, regardless of the weather. A willingness to train without complaint sets the team apart, according to Niziolek. The rigorous practices throughout the week prepare them for the challenge of weekend meets. As a runner, Niziolek feels that her weakness lies in being passed by an opponent, "I mentally shut down," she comments. To attempt to overcome this difficulty Niziolek constantly reminds herself to "get her." This tactic allows her to keep going.

As far as strengths go, Niziolek says she is well-disciplined, refusing to give less than her best. She also comments that track is not simply an individual sport, but a team sport, which makes a big difference in striving to succeed.

In addition to being a member of the track team, Niziolek is also a member of the Criminal Justice Club and Psi Chi here on campus.

When asked about her favorite college memories, Niziolek had this to say: "I will forever remember how great SJC was my freshman and sophomore year. The laughs I shared with my friends, the tears, every fall trip, the parties, my classes, my encounters with Ernest, broken bones, inside jokes . . . all the stuff that makes college the time of your life!"

Taylor Treesh



Favorites:

Movie: "Swingers"
Band: Phish
Candy: Skittles
Food: Steak
Color: Blue

Allison Segarra Reporter

Taylor Davis Treesh is a man who knows exactly who he is and what he wants to achieve in life. Born in Auburn, Indiana (twice the size of Rensselaer), on May 29th, 1983, Treesh is a junior and a key member of the SJC track team.

His track career started when he became a discus thrower for his school in seventh grade. He has been passionate about throwing ever since. He attended Dekalb High School and in his junior year came very close to going to State. He says that after that experience he knew he wanted to compete in college as well. By his senior year of high school, Treesh had built his ability and confidence and the combination led him to a big win at State. This accomplishment brought him to SJC with an extremely positive attitude. "After that I knew that all of my goals were attainable," he said. These goals consist of becoming an all-American and eventually a national champion.

Freshman year at SJC Treesh won conference and qualified for nationals. After missing nationals by only two feet last year, it is evident that Taylor's championship may be in the very near future.

Treesh feels that he has put in more than adequate amounts of time training for the upcoming season. He says that he has been working very hard, even in the off season. Now, that is dedication! Does Treesh have as much dedication for schoolwork as he does for athletics? The answer is a resounding yes! He has always been an excellent student who does not find it difficult balancing a grueling practice schedule with a challenging academic schedule.

Treesh is a math and computer science major with a minor in secondary education. "When I grow up I want to be a teacher and a coach of future champions." At this point all of the female readers might be thinking "Can

("Treesh" Continued in next column)

Health Tips: Running and Breathing

Sarah Bozenda

Reporter

Information gathered from:

<http://www.therunningdoctor.com>

<http://www.time-to-run.com>

Breathing plays an important roll in any type of exercise. If you have the wrong breathing technique while running, problems like cramping can occur. As you progress as an athlete, you will develop your own breathing rhythm and style. Remember, though: breathe through the mouth, use deep, shallow breaths, and if you become short of breath, slow down.

One type of effective breathing is called 'Breathing Cadence.' What is it? 'Breathing Cadence' is simply the inspiration and expiration of the lungs to the 'tempo' (cadence) of the right or left arm or right or left foot movement. For example, breathing in (inspiration) and breathing out (expiration) when the right foot touches the ground during jogging or running. This breathing technique affects the body functions much like the timing sequence of an automobiles ignition system.

The running stride segmented

1. First point of contact is often the heelstrike
2. Your second point following the natural roll of the foot is mid-stance. This would place your foot directly below your body's center of gravity.
3. The third point is where the foot first leaves the surface (toe lift-off)

"Treesh" continued

this guy be any more perfect?" Well ladies, it gets better! Treesh is also very family-oriented. His parents "drop everything" to attend all of his meets. He appreciates the support from them as well as from the SJC fans. He loves when the fans come out to the meets; it boosts his motivation.

What does Taylor do when he is not throwing or doing his homework? He loves to hang out at Indiana University with his best friend and he is also an avid concert attendee. His favorite band is Phish whom he followed for seven concerts in one year.

For Treesh "losing is not an option." He may be proving that to all of us this season. Good luck!

Are you interested in writing for the sports page? Contact Sports Editor Bridget Newman at bnh3998@saintjoe.edu for information on how YOU can get involved!

These three points of foot stride reference exist for both feet. However, which foot you cadence-breath off is your choice, depending on the physical needs of your body and the running surface. After you feel comfortable with heel strike cadence breathing it is suggested that you take the next breathing-learning step. This step is learning to breathe off any one of the three positions in the step.

Cadence breathing may be counted off from any one of the following three-foot positions. That is to say, breathing in and out from:

1. Heel strike
2. Mid-stance
3. Toe push-off

Varying the point of air intake (inspiration) or exhaust (expiration) can be beneficial to your performance if mastered correctly, and in the same instance detrimental if not done correctly. With cadence breathing you can vary the point of air intake or exhaust depending upon the air demands placed upon the body by its physical exertion. So, by breathing at key foot positions in your running stride, you can drastically change your performance. It may take time to master this however once you do, you will see significant changes in your performance.

Once you adapt and find that the breathing technique is working without your conscience effort you will know that your body has made the transition to utilizing it fully with the natural movement of the muscles.

My Apologies:

In the last issue of last semester, a printing error caused the deletion of a photo attribution. The head shots of the men's and women's basketball players were from the SJC Media Guides, courtesy of Clark Teuscher. My apologies go to Mr. Teuscher. My personal thanks also go to him for his hard work and dedication to the SJC Sports Program.

Upcoming Holidays

FEBRUARY

5 Primrose Day
National Chocolate Fondue Day
6 St. Dorothy's Day (patron of brides, gardeners, florists, newlyweds; against lightning, fire, thieves)
7 National Fettuccine Alfredo Day
8 Kite Flying Day (Korea)
9 National Inventor's Day
10 National Cream Cheese Brownie Day
St. Scholastica's Day (patron of children in convulsions, bringing rain, nuns)
11 White Shirt Day (Flint, Michigan)
Anthesteria (Feast of Flowers; Ancient Greece)
Ghost Day
St. Bernadette of Lourdes (France)
12 Great American Chocolate Festival
National Plum Pudding Day
St. Meletius' Day
13 National Tortini Day
14 Valentine's Day
15 Lupercalia
Flag Day (Canada)
St. Sigfrid's Day (patron of Sweden)
Kamakura (Japan)
16 National Almond Day
17 Fornacalia (Old Roman Bread Festival)
National Cafe Au Lait Day
Basant Panchami
18 St. Fra Angelico's Day (patron of artists)
National Crab Stuffed Flounder Day

Courtesy of www.web-holidays.com

Madame Sandra's Horoscopes

Aries (March 21-April 19)

Do you have a friend whom you've been ignoring lately or just haven't had time for? To avoid alienating him/her, surprise your friend with a visit or a special gift. You will be surprised how easily you will be able to rekindle your friendship.

Taurus (April 20-May 20)

If you find yourself in a situation in the near future where your beliefs or opinions differ drastically from those around you, avoid vocalizing your opinions in conversation. Your ideas may be misconstrued or you will come off as pushy, so keep your mouth shut and listen to others instead of talking yourself.

Gemini (May 21-June 21)

Now is a good time to nurture your mental and philosophical mind. Any type of doubt or uneasiness you have been experiencing can be diminished by spending time focusing your thoughts or meditating on your current state of mind. You will undoubtedly be greatly enlightened.

Cancer (June 22-July 22)

Have you recently had a suspicion about something regarding a friend or close family member? Chances are you soon may discover that your suspicion was right. Instead of becoming angry and frustrated with this person, lend him/her your shoulder to cry on, and your relationship will actually improve.

Leo (July 23-August 22)

Even though you often feel alone and isolated from many of those around you, you will soon realize that one of your friends understands you more than you thought. This person will provide you with a lot of insight and support, so do not be afraid to completely open yourself up to him/her.

Virgo (August 23-September 22)

Someone whom you are very close to is feeling very sensitive lately, and it will be in your best interest to stay away from him/her for the next few days. Pushing this person's buttons right now will only lead to disaster, and you have the potential to do this without even knowing, so give him/her some space.

Libra (September 23-October 23)

This is an excellent time for you to begin researching some future job ideas and possibilities. Even though you may think you know exactly what you want to do, you may be surprised to find yourself drawn to something completely different. Keep your options open, and don't be afraid to explore new areas.

Scorpio (October 24-November 21)

You have a flair for the dramatic, which has gotten you into trouble with your friends in the past. To avoid such a problem in the future, think of your friends' feelings before making an issue out of anything. Your friends will appreciate your consideration and sensitivity.

Sagittarius (November 22-December 21)

You're usually pretty good at procrastinating, but now is not the time to practice this skill. Your mind is very focused and efficient right now, and if you do not make use of this, you will meet disaster. Focus on your work, and you will find that it will be finished in no time at all.

Capricorn (December 22-January 19)

One of your friends has been a damper on your social energy lately, and you have been feeling very frustrated and angry with this person. Now is a good time to sit down with this friend and tell him/her how you feel. You will find that he/she did not know your feelings, and his/her behavior will improve greatly.

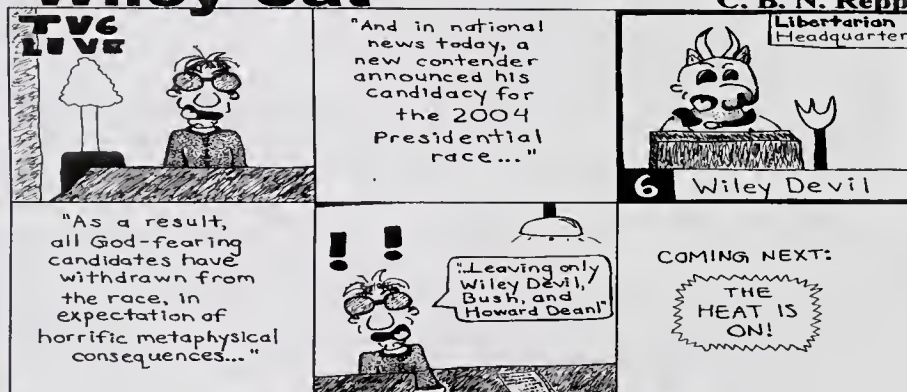
Aquarius (January 20-February 18)

Have you had a strong urge to do your own thing recently? Your friends may be frustrated at your unwillingness to spend time with them, but you have the overwhelming urge to spend time alone doing your own activities. Urge your friends to be patient; this feeling will soon pass.

Pisces (February 19-March 20)

You may soon find out that one of your closest friends is very envious of you. Instead of letting this go to your head, let your friend know that you admire/respect him or her as well. You will find much more satisfaction from this response than any other you could produce.

Wiley Cat



Tired of Having "No New Messages"?

By Angela Williams

The Audix lady's ability to get under the skin of Pumas seems relentless. Why can't she simply say, "Check back with me later," or come right out and tell you, "Congratulations, no one likes you!" Since the Audix answering service is not likely to be replaced by a less depressing one any time soon, here is a list of the ten best ways to increase the frequency of your Audix messages:

10. Leave yourself a message in between classes!
9. Turn off your cell phone for a day. Others will be forced to call your room.
8. Quit going to class. Surely someone will wonder what is going on.
7. Head a committee for a campus organization. Frequent phone contact is ensured.
6. Making paper tents with your extension on them for the café tables will at minimum get you a late night prank.
5. Interact with other Pumas (i.e. sit at a different lunch table, join the cheering section at a basketball game).
4. Post your extension on "Message of the Day."
3. Play an IM sport. Some Pumas actually call opponents to gently intimidate them or get them in the sporting mood.
2. Tell everyone you work at Pizza Hut and have been guaranteed free unlimited pizza for life. People might skip a phone call and just show up for this one!
1. Quit hiding in your room! If no one knows you, no one can call you.

SJC Poet's Corner

The Tone Deaf Girl

You said I'm tone deaf
And that's all right.
So I just won't sing you
To sleep tonight.

I said I love you.
You said, "That's alright.
I've got someone else
Lovin' me tonight."

I turned off the news
When you said "Turn on MTV."
I guess I'll take Beavis and Daria
Over what's happening in reality.

I said "You're beautiful."
You said that you wish I was, too.
I guess that's what happens
When I'm honest with you.

You said I look ugly
When I cry.
I guess I'll hold in
All my tears tonight.

I said "I'm leaving you
And not coming back."
You said "That's okay,
Don't let the door hit your ass."

You said, when I returned,
"Surprise, surprise."
"It's okay," I thought
"I'll give it one more try."

-Bridget Newman

No Sex!

Behind a woman just five feet tall,
Sits a sign on the schoolroom wall.
It reads, "No sex! It's wrong and unjust!
There is no place for carnal lust!"
This woman, in curlers rolled so tight
As to almost cause loss of eyesight,
Doesn't even teach sexual education
Or run a religious administration.
In fact, she is herself the foods teacher
(But may have missed her calling as a preacher).
She is, at present, fifty years of age
Though she acts like a teenager meant
for the stage!
She dances through the room, talking
about cheese
And waits for her students to "take
your seats, please."
"Today," she says, interrupting herself,
"We're going to talk about something
else.
Not about food, though it's an interesting
topic,

But about sex and how you kids should
stop it!"
She marches through the room, with a
tirade of phrases
Like "genital herpes" as she looks on
dull faces.
The students listen in quiet desperation
Whispering, "Jesus Christ! Why this
demonstration?"
She's danced around here for God
knows how long
Yet she, self-admittedly, is a virgin, right
or wrong!"
"What! I heard that!" she screeched to
the class,
"And it's true, and I'm proud, so I'll let
it pass."
The bell finally rang, and to the
students' surprise
She gave out one more piece of advice.
"Go ahead and have sex, see what I
care!"
And so they escaped from the old
virgin's lair.

-Danny Waclaw

Want to see your poetry in print?
Submit your original work of poetry to
Sandra Wood at
sw4014@saintjoe.edu!!